

ECO-Sense



The Human Ecology Foundation of Canada
La Fondation canadienne pour l'écologie humaine

Ottawa



Inside:

Mononucleosis and Environmental Illness

Dr. William Crook on Candida

New location of HEF Library

Spring 1987

JL

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President's message

I would like to welcome the new members of the executive - Jim McCulloch, Madeline Lapointe, Helen Kouri, Joanne Van Draanen, Judy Benson, Marjorie Seward and Mary Williams. Their willingness to serve on the executive means that our organization will carry on!

Many thanks to the outgoing members who have unselfishly devoted their time and effort in their positions. Janet Lee and Carolyn McCoy have moved from the Library and Wild Game positions to Telephone Committee and Food Chairperson, respectively.

We are still in need of volunteers to fill various committees. If you are able to give some time, please phone me (839-5667).

Virginia Salares Ph.D.

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Our thanks..

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Mononucleosis, the Chronic Epstein Barr Virus, and Environmental Illness

The Epstein Barr Virus, the organism that causes infectious mononucleosis, has in the last few years been found to cause another syndrome called the Chronic Epstein Barr Virus Syndrome (CEBV). The symptoms reported are fatigue, low grade fever, allergy, sore throat, swollen glands, mild joint pain, headache, muscle aches, weight loss, gastrointestinal problems, irregular heartbeat, sleep disturbances and degeneration of peripheral nerves.

Patients with CEBV can easily be diagnosed as "Psychoneurotic". Depression, difficulty in concentrating, difficulty in speaking or in using words, anxiety, dizziness and mood swings are symptoms attributed to CEBV. Testing of CEBV patients showed that "EBV infection is associated with cerebral dysfunction which has at least a partial organic basis."

Identification of CEBV is based on blood tests. Different profiles of antibodies are found for CEBV and acute infectious mononucleosis.

oil, widely used in paints and varnishes has immunosuppressive effects. This may be of interest to environmentally ill patients.

Separate research studies reveal a high percentage of allergies in CEBV patients. In another study, 90% of 112 allergy patients tested positive for the Epstein Barr viral capsid antigen showing that they once had mononucleosis although many had no known history of mononucleosis.

The Epstein Barr Virus antibodies were also found in a study of children and adults with atopic dermatitis and asthma. The virus may be connected with the development of allergy. One kind of IgG, called IgG4, is highly elevated by the Epstein Barr Virus. This is of special interest to those with EI because IgG4 is important in mediating food and chemical sensitivities.

Eleven out of fifteen cases of infectious mononucleosis studied showed circulating immune complexes. These are also found in EI patients after testing for food and chemical sensitivities.

help.

Summarized from the Human Ecologist, no. 33, 1986 In the HEF library file.

Ecological Illness Law Report

The Ecological Illness Law Report is in danger of folding unless more people support the cost of publishing the Report.

Earon S. Davis, as many of you know, is the creator, editor and publisher of the E.I.L.R. and a lawyer by profession. His newsletter summarizes the outcome of court cases where ecological illness is a factor, such as an award of \$625.00 granted to a plaintiff who suffered systemic poisoning and "immune disregulation" from the use of Chlordane by an exterminating company in the plaintiff's home. We have been fortunate to read excerpts form the Report from time to time in the H.E.F. Canada Quarterly. His efforts have served to "sensitize" the legal community to the existence of E.I. and the potential for "chemical toxicity" litigation in the courts.

In addition to these efforts - at his own expense - he is an able activist on behalf of E.I. and is willing to continue to go to bat for the E.I. community to help ameliorate the problems being faced with regard to the legal system, insurance companies and the government.

In order for this valuable publication to continue to bring

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	<u>Mononucleosis</u>	<u>CEBV</u>
early antigens	antibodies present but disappear soon	elevated when symptoms are worst
IgG to anti-viral capsid antigens	present and will persist throughout life	high levels
antibodies to Epstein Barr nuclear antigen	present and will persist throughout life	none found

Recent studies now show that the immune system damage caused by Epstein Barr Virus can result in environmental illness. Immune dysregulation caused by environmental illness can reactivate the dormant virus. An interesting finding is that CEBV can be reactivated by tung oil. Tung

The symptoms of chronic ill health are not due to the virus but to the immune damage resulting from the EBV infection. The immune damage can induce EI.

Since there is no known cure for CEBV, methods that improve the immune system such as reducing the stress load of the body can

Eco-Sense

Dr. William Crook on Candida

Two hundred members and guests were very fortunate to have Dr. Crook in Ottawa last November 21. The night before, he was on TV Ontario's Speaking Out in Toronto through the Candida Research and Information Foundation's efforts. Fifty-three thousand calls were received by the station.

Dr. Crook is the author of *The Yeast Connection*, the book which anyone with Candida or undiagnosed chronic illness ought to read. He heads the International Research Foundation in Jackson, Tennessee. Dr. Crook is a Fellow of the American Academy of Pediatrics, American College of Physicians, American Medical Association and Alpha Omega Alpha. He has been a visiting professor at many universities and has been travelling extensively to talk about Candida.

Dr. Crook detailed how he became introduced to allergies. His own personal experience with milk as a cause of sniffing, led him to look at allergies more closely. In the mid-1950's, one of his patients convinced him that chronic fatigue is related to milk. At the same time he read an article on allergic tension fatigue syndrome - headaches, muscle aches, leg aches, and circles under the eyes in 6 or 7 youngsters. He began to look at food sensitivities in his own practice and he has been talking about these for the past 25 years.

The medical establishment views food sensitivities as imaginary. Last year at a meeting in Phoenix, a University of Texas professor told allergists to start helping patients with food problems or they will lose their patients. The allergists are finally coming around to the idea that food sensitivities are making people sick.

After seeing many people with arthritis and heart disease, he became interested in preventive medicine. In his pediatric practice, he began to print instruction

sheets, then wrote a column for the Los Angeles Times for 15 years. He also appeared on TV talk shows. In one week, he received 7,300 letters asking for more information. He then decided to write *The Yeast Connection*. Many of the patients who wrote to him had seen four to five doctors and complained of various problems such as bedwetting, headaches, hyperactivity and joint pains. All these problems got better when they changed their diets.

He first learned about Candida through one of his patients who brought him a copy of Dr. Orion Truss' article that was published in the *Journal of Orthomolecular Psychiatry*. This paper was first delivered in Toronto in 1977.

Dr. Truss was practicing allergy when in 1961 after giving a shot of Candida to a patient he observed that not only did the nasal congestion clear up, the depression got better. This pattern was observed over a fifteen-year period at which time he had a simple treatment program for a lot of mental or nervous system problems. Between 1978 and 1984, Dr. Truss published 3 other articles.

Yeast has been known to cause vaginitis and thrush. Candida has several forms that have branches and buds. Candida can be cultured from perfectly healthy women in which case it is just an innocent or friendly creature. But in the woman with vaginitis, it becomes a troublesome, onerous, difficult and perplexing problem. It can also affect the digestive tract.

Antibiotics like penicillin and erythromycin control germs in the nose, throat and lungs without bothering those in the digestive tract. But other antibiotics like tetracycline for acne, sulfa for bladder problems, ampicillin and amoxicillin have an action similar to mowing down not only robbers but also bystanders. Taking these

antibiotics for a long time upsets the balance of normal bacteria and more of the yeast grows. Men may get constipation, bloating and gas because the yeast works on sugar. Half of persistent diaper rash in babies is caused by Candida. Women may get vaginal infection.

Candida puts out a toxin. In 1968, a Japanese researcher isolated a high and a low molecular weight toxin from Candida. Injected into mice, it caused irritability, red eyes, congested nose, ruffled fur and paralyzed extremities and it affected the immune system. Three or four articles have been published. 'Drunk Charlie' is a case of someone who got picked up showing elevated blood alcohol without a drop to drink. Candida ferments sugar to alcohol in the gut. This epidemic in Japan has been described by Dr. Iwata. According to Dr. Truss, the American strain of Candida makes an alcohol-related toxin called acetaldehyde which primarily affects:

1. the nervous system causing fatigue, depression, irritability, memory loss and feelings of being spaced out;

2. the reproductive organs causing impotence in men, loss of sex drive, menstrual irregularity, endometriosis, PMS and infertility in women. These are related to hormone functions;

3. the digestive tract, affected because the Candida working on sugar in the gut ferments and causes gas, bloating and abdominal pain. A toxin turned loose in the body causes muscle aches, numbness, tingling, nasal congestion and a feeling of being sick all over.

Iwata found that the toxins weaken the immune system. Toxic chemicals, viral infections, nutritional deficiencies, moulds and emotional stress also weaken the

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Haberman Chemists



has relocated back to
192 Laurier Avenue West,
Ottawa, Ontario, K1P 5J8 Tel. 235-3993

and our name has changed to

Ottawa Chemists Clinic Pharmacy

This issue's Specials

Gamma Oil (Evening Primrose Oil)	180s	\$35.00
Megadophilus	71 gm	\$26.00
Life Start	2 1/2 oz	\$28.00
Kyolic - 100 yeast free	90 caps	\$10.00
Lactobacillus Acidophilus, Rosell (non dairy, enteric coated)	100s	\$8.00
Sisu-dophilus powder	60 gm	\$14.00
	(while stocks last)	

*Always remember: If you buy 5 of any one nutritional supplement, at the regular price, there is a 25% discount if you are an HEF member.
Group together and Save!*

News and Classifieds

Calling all interested, energetic and/or armchair enthusiasts for input, but preferably participation in producing an evening of entertainment for the June pot-luck supper. Please contact Pat Gorgas, 224-0801 or Beth Fields, 829-7185.

"Wheateena" Electric Wheatgrass Juice Machine, solid stainless steel, almost new, specially made for juicing wheatgrass but can be used for vegetables, grinding nuts and grains. Sell new for US \$280.00. Donated to H.E.F., \$75.00 or best offer. 839-5667

The Zimmerman Report has been released. After the Report of the Ad Hoc Committee on Environmental Hypersensitive Disorders (also known as the Thomson Report) was made public, the Ministry of Health designated Dr. Barry Zimmerman to head a group to referee the Thomson Report. The critique from Dr. Zimmerman's group should be read by everyone with environmental illness. Request your copy from the Ministry of Health, 10th Floor, Hepburn Block, Toronto, Ontario M7A 2C4.

Chewing gum depletes the amount of digestive enzymes available to digest food. Undigested food causes an overload on the immune system.

The National Health Federation, Box 688, Monrovia, CA 91016

Income Tax

Form T2201 - Disability Deduction Certificate

This form, which must be completed by your Doctor, may be filed with your Income Tax Return to make you eligible for a general deduction of \$2860. On review of the form, the extent of the disability needed in order to meet the requirements seems extreme; however, depending on the extent

of the restrictions E.I. places on the individual, your doctor may consent to support you for this deduction. A copy of the form can be obtained at Revenue Canada, 360 Lisgar Street, Ottawa, First Floor or by calling 598-2275.

Library

Thanks to Barb Bellin, Lynda Brooks, Anne Castle, Nancy Charette, Dr. Crook, Estelle Drolet, Beth Fields, Moria Geller, Kathy Hall, Marianne Kasprowicz, Dr. Korman, Hilary McCarthy, Pat McKenna, Peggy Olsthoorn, Pat Rothschild, Virginia Salares for your contributions to the library. You and many others too numerous to mention have donated books and articles, written book reviews and generally shared your experience and knowledge. Special thanks goes to Marianne. She has spent many hours in the library, in addition to doing her own job in membership. She is the one who kept me "hanging in there" when the going got rough. Nancy and Peggy too have given many hours of assistance. Working in the library has been very satisfying. There are so many benefits, first chance to read the latest information, contact with so many wonderful people, and working with the H.E.F. executive. I have made many new friends who are always willing to help. All I needed to do was reach out and ask. The library will be taken over by Jo-Ann Van Draanen. I wish her all the best and hope she enjoys it as much as I have. From time to time, books are kept out for many months. When the call goes out for their return, would you please check your homes. Many of us have "an attack of forgetfulness", especially when we are newly diagnosed and there is so much to learn. Just remember there is someone out there in need of the information we have been fortunate enough to read.

Eco-Sense

Now missing is Allergy Recipes by Sally Rockwell, The Candida Albicans Cookbook by Pat Connolly and Associates, Les Terrasses de la Chaudiere - Investigation of Employee Health Complaints.

Yours in Improved Health
Janet Lee

Tape by Dr. T. Stone - Allergies

Dr. Stone, with a background of 25 years in psychiatry, addresses an audience on the subject of allergies. When treating someone, he states that you are not just treating infectious processes such as Candida but all aspects besides looking at the toxic process of allergies. He states all illnesses have multiple causes. Types of allergic reactions to food can be IgG immunologic reactions or bio-chemical reactions. He also points out that milk and wheat sensitivities manifest themselves as schizophrenia.

One of the effects of Candida is that organisms become invasive in the intestinal tract and as particles of food get into the blood they provoke allergic responses. Thus people with a poly-systemic type of Candida response, tend literally to get allergies to everything they are eating. If food particles get through the intestinal tract, they can form an immune complex. Also, this immune complex can result from milk, eggs, wheat, rye allergy. Dr. Stone discusses different types of blood tests and cytotoxic testing. If people are adequately treated, they become less food and chemically sensitive.

Pat Gorgas



Update on Schools

Ottawa Board of Education

A trouble-shooting group has been formed. Two parent representatives from the Special Education Advisory Committee (SEAC) and the community Liaison Advisory Council (CLAC) have been appointed to the troubleshooting Group. HEF (Ottawa) is looking for a parent representative to send to SEAC who we hope would represent SEAC in the troubleshooting group. If you have a child attending an Ottawa Board school and you are interested, please let me know (Virginia Salares, 839-5667).

Calling all the ENVIRONMENTALLY HYPERSENSITIVE. The Ottawa Board of Education is now identifying environmentally hypersensitive students and staff. The Board will not know unless you submit the information. Please phone or write Mr. Tom Peterson, Health and

Safety Officer, Ottawa Board of Education, 330 Gilmour St., Ottawa.

Carleton Board of Education

We continue to have a dialogue with the Carleton Board. It appears that the trustees have a hard time accepting the fact schools can be sick environments. They have agreed to switch from oil paints to latex paints. However, as of January some painting was still being done during examinations. The trustees have also agreed to recommend to all teachers that they air out the rooms by opening windows several times a day. It remains to be seen whether this will be implemented. Note too that there are schools whose windows cannot be opened.

We have submitted suggestions for the design and construction of

the West Carleton Secondary School that will incorporate ecological principles. Again, it remains to be seen what suggestions will be accepted.

It is worth mentioning here that an elementary school is about to be built in Bridlewood in Kanata, next to transmission lines. It is unfortunate that the Board should build in this location in spite of the known adverse effects of electromagnetic radiation from high voltage lines. Reminder: It is important that any concerns you have be sent in writing to the Chairman of the Board and that we receive a copy too. We urge all parents to actively participate. The school boards have to hear from as many parents as possible. Only a handful of individuals have been pressing for concerns. Your support is needed.

Virginia Salares

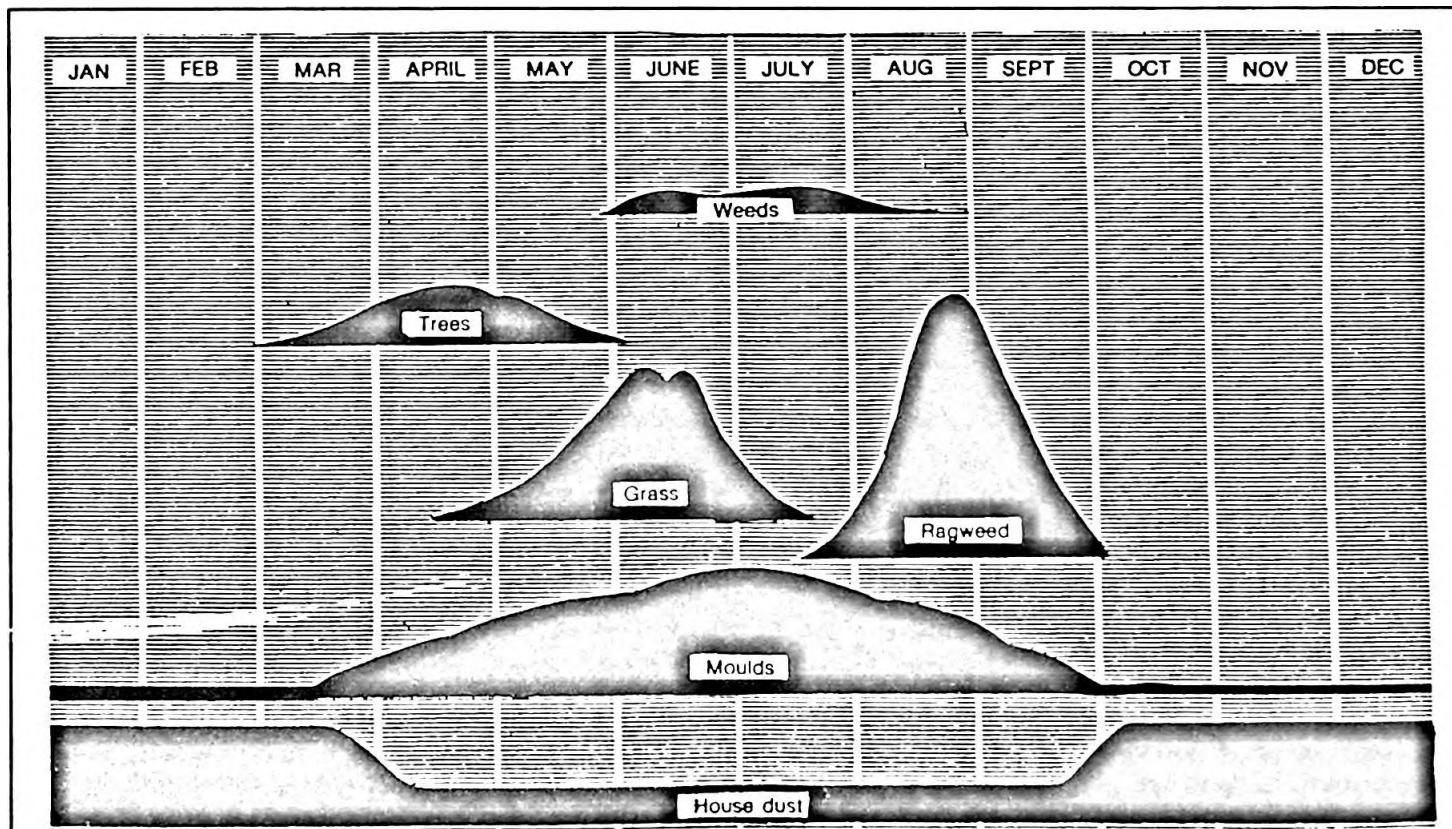


Chart shows when allergy-causing agents strike the hardest.
(The Citizen, Ottawa, April 27, 1984.)

Shopping and Kitchen Notes

Stainless steel muffin pans

You can find good quality baking pans, without coating, not Teflon, from Domestica, 240 Sparks Street Mall. Up to now, these have been hard to find. Although you might see stainless steelware, some have a light yellow coloured rust resistant glazing.

Pure cotton lingerie

From Tease in Lincoln Fields. Some pure silk clothing too. Good quality. (Ed. There are two other branches that I know of, one in the Market Mall building on George Street and the other in Westgate Shopping Centre, on the lower level.)

Elmer's Glue

From Woolworth's or Leisure World in Lincoln Fields. The most tolerable of the all-purpose glues. Hardware stores used to carry them before, but now most shelves are filled with less desirable brands.

Detergents

In a past issue of the newsletter, mention was made of Olympic Low Suds Detergent from Shopper's Cooperative in Ottawa. Unfortunately, this detergent is no longer available. Would anyone who finds it elsewhere, please let us know? The detergent is made by Crown Chemical Products, Toronto and Montreal.

Kloramine - a detergent developed under the direction of Dr. McLennan can be purchased from Oakville, Ontario at a cost of \$20.00. It appears to be tolerated by some members. Highly concentrated. Use 1 tsp. per load. A quantity can be brought to Ottawa if there is enough demand.

Contact Bev McCullough for more information.

100% Cotton flannel sheet blankets

Seen at K-Mart in Bells Corners. Price \$8.97-\$15.97.

Butter

Of several brands of butter at Loblaws, the unsalted 'Savourin' from the Coop Fd're de Quebec was found most tolerable.

Caulking

Last year we suggested a tolerable type of caulking CSL Silicones #343 which you can order from Webco Sealants, Guelph, Ontario at (519) 823-5960. It can be used on windows and bathtubs. Some of our members who used standard caulking material last fall were forced out of their homes because of noxious odours. If you anticipate doing some caulking in the fall, you need to obtain good material and do the work before you actually need to.

A less costly alternative to the CSL caulking is GH Caulking from D. Kemp Edwards, Ottawa.

Paints

A company called LIVOS carries oil paints, water-based paints, stains, thinners, waxes, shoe polish and children's art supplies all made from natural plant products. Their products are described as non-toxic. HEF Ottawa is planning to buy small samples of some products for testing. A photocopy of their catalog is in our library or you may send for your own catalogue (\$1 US) by writing to LIVOS, 614 Aqua Fria, Santa Fe, New Mexico 87501.

Eco-Sense

Compost

Compost can be made from vegetable and fruit peelings. Reserve a corner of your backyard. Excellent way of returning nutrients to the soil. Keep in covered crock or plastic container in the kitchen. Take out every 2 days or more often.

One way to keep your kitchen smelling clean is by separating perishables like meat scraps and bones. Place in plastic container and freeze until garbage day.

Ant control

Combine 3 tbsps. sugar with 3 envelopes dry yeast. Stir in 3 tbsps. molasses to make a spreadable paste. Slather across 4-in square pieces of cardboard. Keep pets and children away. (from "Make Your Own Groceries" by Hartwig, D.) OR Use CIL Liquid Ant Killer - contains borax (Thanks to John Neims.)

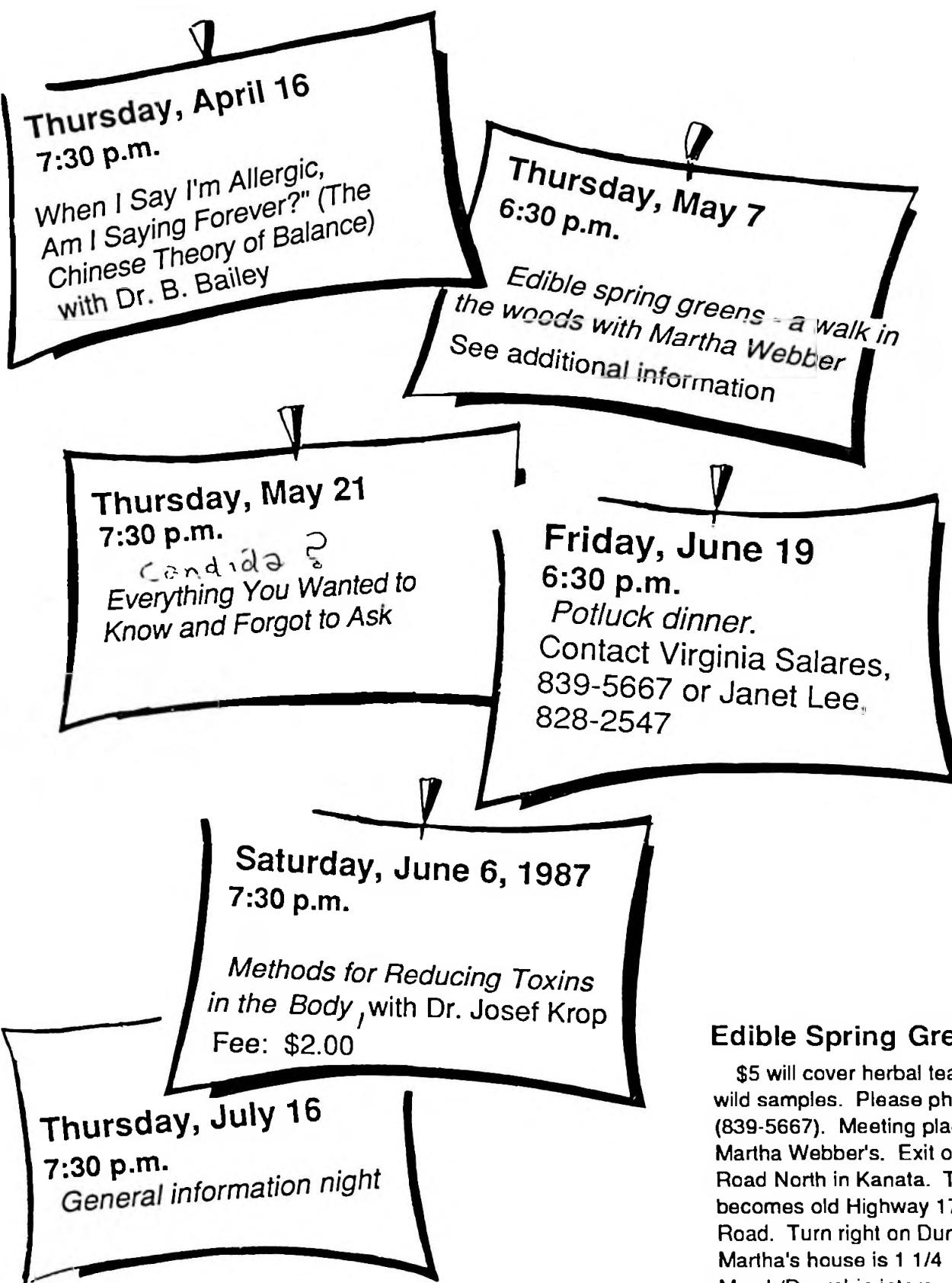
Cockroach Control

Combine 1/2 cup borax with 1/2 cup brown sugar and pour the mixture into shallow container. Keep pets and children away.

Salt

Did you know that iodized salt has sodium aluminosilicate to make it run? This is an unneeded source of aluminum. Other additives from the processing may be present. Most sea salt has chemical impurities from the purification process. The best salt we have found is ORSA Mineral Salt from Walnut Acres. It is mined, not processed, contains no chemical additives and has trace minerals. Look for it at Rainbow Foods.

Upcoming Events



All activities will be held at the
McNabb Community Centre unless
otherwise specified.

Edible Spring Greens

\$5 will cover herbal teas, edible wild samples. Please phone ahead (839-5667). Meeting place: Martha Webber's. Exit on Eagleson Road North in Kanata. This becomes old Highway 17 or March Road. Turn right on Dunrobin Road. Martha's house is 1 1/4 km from March/Dunrobin intersection. Grey mailbox on the left marked Webber. Park on road on mailbox side. (Note that the original date of April 9th has been changed.)

Book Review

The Complete Guide to Anti-aging Nutrients by

Sheldon Saul Handler, M.D., Ph.D.
New York: S & S, 1985.

I came across this book in the public library section on nutrition. The title suggested delaying gray hair or wrinkles associated with aging.

As I read the introduction, it was a pleasant surprise that the book does not deal with the above manifestations of aging. The aging process encompasses the disease processes and the decline in physical energy which are part and parcel of the whole phenomenon that everyone wants to slow down. The book focuses on nutrients or food supplements for which anti-aging claims have been made.

The author distinguishes "academic conservatives" from "true believers". The academic conservatives insist that the 'balanced American diet' provides the right amounts of fat, carbohydrates and protein as well as all the vitamins, minerals and other micronutrients anyone could possibly need. The "true believers", on the other hand regard every new supplement that comes along as some sort of miracle substance or panacea.

The consumer, torn between the influential group of academic conservatives and the true believers, is in a dilemma as to what supplements are needed and how much to take without giving in to the hype found in advertisements for supplements. This book is a consumer's guide for someone who wants to be healthy, the bonus being that the degenerative diseases that presently characterize old age can be delayed up until a brief period shortly before death. The ultimate goal is to reach one's maximum life span (average is presently 110) and live out more of one's genetic potential and do so in

reasonably good health until the end.

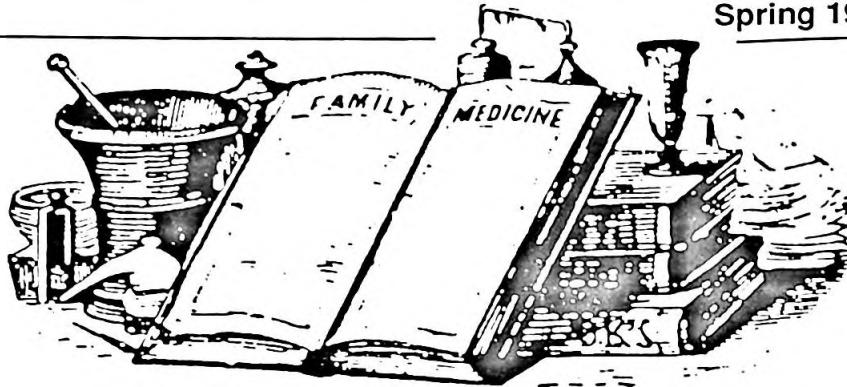
Part I discusses the theories of aging (damage theories, cross-linking and free-radical theories of aging) and what happens to our bodies as we age. The body's most vital functions can be retained into old age if one is in good health. Diet and exercise are the most important factors over which we exert a good deal of control. Many of the processes which are falsely believed to be inevitable results of getting older can be slowed down or even avoided. The effects of diet (Macronutrition) on aging are discussed from the viewpoint of fats, protein, carbohydrates, fiber, salt, sugar, alcohol, smoking. Changes in diet are most likely to enhance our health, primarily through prevention of the major degenerative diseases including cancer and cardiovascular diseases. The great American diet is both a macronutrient disaster and micronutrient miser. As knowledge of the positive effects of micronutrients increases, the value of micronutrient supplementation becomes recognized.

The greatest usefulness comes from Part Two which objectively analyses the scientific evidence for each of the micronutrients and other supplements for which anti-aging claims have been made. For each of the nutrients, the author gives an overview, supplying the literature references to substantiate the scientific studies. Then positive and negative claims for each nutrient are cited together with the evidence to

substantiate or dispute the claims. He makes recommendations for suggested intakes when the need for the nutrient is established and adequately supported by scientific studies. On the other hand, he discourages supplementation with the amino acids, nucleic acids and lipids and advises consultation with physicians if one feels a need for these supplements, calling attention to the data he has cited.

If some positive effects have been found, he calls for a need for further research. Compared to Recommended Dietary Allowance, his suggested intakes for vitamins and minerals are more generous (e.g. 15,000 IU for Vitamin A compared to 5,000 IU, 1 g of Vitamin C vs. 60 mg) but conservative compared to the amounts proposed by health food enthusiasts. With respect to other supplements and pharmaceuticals, he is cautionary against ginseng, pangamic acid and superoxide dismutase (SOD), BHA and BHT while he encourages the use of garlic, dietary fiber, wheatgrass and other green plants and acidophilus. In the case of pharmaceuticals, he presents the risks of using the anti-oxidants BHA and BHT as food supplements. Unfortunately, he does not discuss the perils of having minute quantities of the same substances in foods.

A chapter deals with recommended regimens for different life situations such as pre-menopause, pregnancy, post-menopause, athletic training, weight loss diets, being hospitalized. Those exposed to high levels of environmental pollutants



receive the same regimen as smokers, i.e., increased intake of Vitamins C and E as well as copper and zinc.

The book is objective as the author bases his analysis on scientific evidence. Overall, it would be very useful for the individual wanting to know if s/he is getting the nutrients from the foods or if s/he needs supplementation. Rather than guesswork, s/he can refer to what is known in determining intake.

I found few flaws in the book. His recommendation for dietary supplementation with copper may not apply since most people are overburdened with copper from different sources, particularly copper pipes. The author also advises synthetic vitamins as opposed to natural vitamins because there is no meaningful difference between synthetic and natural Vitamin C. In spite of this, many of us would still opt for natural vitamins. He also dismisses glandulars, stating that there is no biochemical reason to suspect that these substances would be useful. I attribute this to the fact that he has not researched the literature on these substances. Finally, the book would have been more complete if he had included a bibliography and sources at the end. In some cases, only the journal reference is cited in the text without the author's name.

Virginia Salares

Law Report

continued from page 2

keep us informed of the growing visibility E.I. has achieved, Mr. Davis is appealing to members of our organization and others similar to ours both in Canada and the U.S. to subscribe to the Ecological Illness Law Report. The cost is \$15.00 U.S. yearly. Send to: Box 1796, Evanston, Illinois 60204.

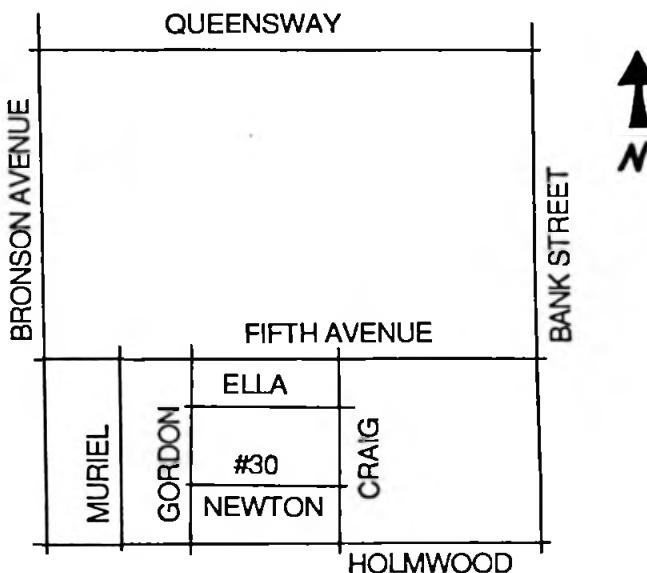
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WEEKDAYS FROM 10 AM TO 8 PM

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HELP

The Ottawa branch of the Human Ecology Foundation needs your financial support! Please include the Foundation in your charity plans this year. Help yourself and others by making a donation.

Make cheques payable to the Human Ecology Foundation (Ottawa) and send to Box 11428, Station H, NEPEAN, Ontario K2H 7V1. A receipt will be issued for income tax purposes for donations of \$5 or more.

Oriental Cuisine for Restricted Diets

Virginia Salares

Wheatless Noodles

1 pkg. (250 g) bean thread noodles also called cellophane noodles (made of mung beans; look for Lungkow vermicelli Pagoda Brand from Chinese store)

chicken stock and meat (see December Eco-sense). Add spring water to make 6-8 cups.

1 1/2 tsps. Orsa salt 5 pieces dried tree ears (a form of mushroom, Golden Dragon brand only)

OPTIONAL

Shredded carrot, shredded organic cabbage, thin strips of celery, one cup or more of any one or all

4-qt. casserole

1. Soak noodles in spring water until softened. Drain. Cut noodles with kitchen scissors into 3-inch lengths.

2. Bring stock and meat to boil in casserole. Add sliced onion if desired. Season with salt. Add noodles and vegetables. Lower heat to medium high. Cover. The noodles absorb the liquid, so check that the pan does not dry up. Stir occasionally. Add water as needed.

Cooking time for noodles - 10 to 12 minutes. Serve with lemon juice and tamari or if you are daring lemon juice and fish sauce.

NOTES: Cellophane noodles are an Oriental favorite. You can find the same noodles (Eden brand) in the health food store except that they cost much more than noodles from the Oriental stores. The noodles have to be cut or they make unwieldy eating.

Alternate way of preparing the dish if you have chicken breast on hand. Slice thinly. Saute sliced onions in 1 tbsp. oil, add sliced chicken, season with salt, saute for 5 minutes. Add water, bring to boil and simmer for 10 minutes. Continue as above in Step 2.

Perfect Brown Rice

Organic brown rice (short grain is stickier than long grain)
Spring water

1. Place desired amount in stainless steel pan. Note the level (depth) of the rice grains in the pan. The pan should be large enough. It should be 3x the volume of the rice.

2. Add enough water until you have as much depth for the water over the rice as the initial depth of the rice grains. For example, if the rice comes up to a third of the pan, add water to the 2/3 level. This method always works and

eliminates measuring with cups.

3. Bring to a boil uncovered.

Reduce heat to medium and continue boiling until nearly all the liquid has been absorbed (and evaporated). When you put the lid on, the liquid should not boil over and if it does, boil uncovered longer. Now, cover the pan, reduce heat to very low and allow to cook for twenty minutes (before the rice sticks to the bottom of the pan). Serve.

Left-over rice

2 tsps. unrefined oil
1 cup or more refrigerated rice

1. Heat oil in frypan until moderately hot.

2. Add rice, breaking clumps.

3. Stir continuously over medium heat for a few minutes.

A Different Dessert

This recipe is based on an Oriental specialty made of glutinous rice flour, coconut and sweetener like molasses. A paste is made with only these ingredients.

2 cups glutinous rice flour (Erawan or Young & Young brand from Chinese stores)

5 tbsps. maple syrup (or honey, if you prefer)

2 free-range eggs

2 tsps. baking powder

1/4 tsp. Orsa Salt (from Walnut Acres)

4 tbsps. butter, melted (or unrefined oil)

1 cup dessicated, unsweetened coconut

1. Combine all the ingredients except coconut, using low speed of mixer or by hand. Blend in coconut. 2. Grease 8-in. square pan or Corningware. Pour in batter. 3. Bake at 375 degrees F for 45 minutes.

Raging Wind Food Buying Club

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Note: \$1 off catalogue with this clipping.

HUMAN ECOLOGY FOUNDATION OF CANADA

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OPTIONAL Put grated cheese (like Mozarella) on top before taking it out of the oven.

NOTE: Do not assume that you can tolerate glutinous rice flour

even if you can eat rice. It can also be made without the coconut. Ottawa residents can get the Oriental ingredients from Sun On Canadian and Chinese Grocery, 655 Somerset W. (east of Bronson).

Profile

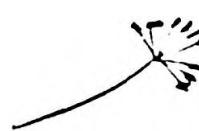
Beginning in this issue, we will describe one of the executive committee positions each issue.

Membership Chairperson

NOTE: Marianne Kasprowicz has filled the membership chairperson position for some time and has efficiently computerized the membership list. She has been doing all the jobs which is quite a lot for one person. WE ARE IN NEED OF AN ASSISTANT TO RELIEVE HER OF SOME OF HER WORK. This person would take over renewals and new members.

Description of Duties

1. Keeps an up-to-date master list of members.
2. Picks up H.E.F. mail every week. Sorts mail.
3. Sends cheques to Hamilton. Sends amended list as well once a month.
4. New Members:
 - (a) Makes up kits with 12 items,
 - (b) Includes membership card with welcome letter,
 - (c) Adds name to computer and master lists,
 - (d) Sends out kits as soon as possible;
5. Renewals:
 - (a) Sends out "about to expire" notices before membership expires,
 - (b) Sends membership card when person renews, or expired notice if membership not renewed by.
6. Internal Computer Jobs
 - (a) Puts information into computer,
 - (b) Prints 2 sets of labels for correspondence of Eco-Sense and the quarterly publication,
 - (c) Prepares complete membership list for executive members,
 - (d) Prints new members list for phone committee,
7. Submits receipts to local treasurer.



HELP

The Ottawa branch of the Human Ecology Foundation needs your financial support! Please include the Foundation in your charity plans this year. Help yourself and others by making a donation.

Make cheques payable to the Human Ecology Foundation (Ottawa) and send to Box 11428, Station H, NEPEAN, Ontario K2H 7V1. A receipt will be issued for income tax purposes for donations of \$5 or more.

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Crook on Candida

continued from page 3

immune system. Recent studies (1985) show that Candida associated with antibiotics causes defects in the immune system. These defects are related to hormone problems.

The person who feels sick all over has symptoms typical of the person with a Candida problem. A woman may have gone to a gynecologist, skin doctor, nose and throat specialist and a gastroenterologist. Because of constant complaining she is labelled a hypochondriac. Health problems in men are almost the same but hormone problems are not as pronounced. Women have more problems for the following reasons:

1. Girls are more likely to take tetracycline for acne. A boy would have to have a scruffy face to get tetracycline.

2. Women see their doctor more often for periodic tests such as a papsmear.

3. Women produce more progesterone after ovulation which predisposes them to yeast.

4. Repeated pregnancies.

5. They are more likely than men to get antibiotics because of established communication with doctors.

In children, diarrhea, thrush, diaper rash, irritability, recurrent ear infections can be caused by Candida. An autistic child put on a caveman's diet got better but became spaced out when the mother included troublesome foods in his diet. Since the Candida toxin affects the central nervous system, a lot of other problems such as declining SAT scores, depression and suicidal depression may have a yeast connection.

Several blood tests help confirm diagnosis. But diagnosis is best made on clinical judgment and the questionnaire in Dr. Crook's book The Yeast Connection. A careful

inquiry has to be made. According to Dr. Sydney Baker, a chronic problem almost never has a single cause.

TREATMENT

A. Starve the Candida

1. The yeast lives on sugar. Avoid sugar, junk food, honey. Avoid yeast-containing foods for a week and on the eighth day, take a piece of a yeast tablet, another piece in ten minutes and the rest of the tablet in an hour and see if you are allergic to yeast. Avoid the food for a week, then add it back.

2. Fruits are quickly converted to sugar. Avoid fruits for three weeks, then try them again. Dr. Crook does not believe in long-term low carbohydrate diets. Carbohydrates in vegetables, potatoes, yams, beans, whole grains are important. The diets have been totally changed in the new edition.

B. Anti-fungal Substances

1. Acidophilus in sugar-free yogurt or in powder form will crowd the yeast out.

2. Garlic is better than nystatin in killing yeast and whole garlic is better than deodorized.

3. Caprylic acid or Capricin, a new fatty acid preparation made from coconut oil was credited as early as 1951 with having anti-fungal properties.

4. Nystatin - the safest medicine.

5. Nizoral - very potent medicine, one out of 10,000 users has a severe reaction gets yeast in deeper tissues - for very bad problem, 1 or 2 weeks of use helps.

C. Lifestyle Changes

Do not pollute house. Nutritional supplements such as Ca, Mg, the B

vitamins, the fatty acids, linseed oil, evening primrose oil especially for PMS are needed. Exercise releases pain-killing endorphins which strengthen the immune system. You also need a support system. He suggests changing physicians if your doctor is not supportive.

Dr. Crook suggests that the only way to change the establishment is by networking using people power. He will send a copy of his book to any physician who writes to him (P.O. Box 1000, Jackson, Tennessee).

Highlights of hour-long question period are as follows:

Nystatin in high dosages was observed to produce no known effects.

For the person who is not getting better, a careful review of the whole history may be needed. The Epstein Barr virus may co-exist with Candida and cause problems. Blood fatty acid levels and nutritional levels may need to be re-evaluated.

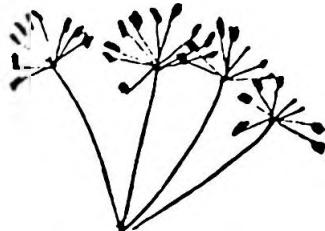
If no specific disease has been found and you score high in the questionnaire, antifungals are called for.

Elimination diet is the best way to tell if you are allergic to a food. A person's immune system and the virulence of the yeast determine whether the yeast becomes systemic. Candida jumps on every person with AIDS.

There is a lot we do not know about how the blood tests work. If the blood results show more positive even after you have taken Nystatin for several months, rely on how you feel.

Dr. Crook has a hot-line in Tennessee at 901-427-8100 and the hours to call are noon to 1:00 p.m. and 4:00 to 5:00 p.m. An experienced nurse who has worked with him for four to five years will answer questions in the Nurse Consultation Service through the Foundation. The cost is \$60/hour.

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